

The Southern COACH & ATHLETE

Volume II

A Magazine for Coaches, Players, Officials and Fans

Number 2

DECEMBER, 1939

15c



Offensive End Play

By Harold Drew

Basketball Team Play

By Bill Raney

Preliminary Training

By Forrest C. Allen

Backfield Fundamentals

By Clyde Crabtree

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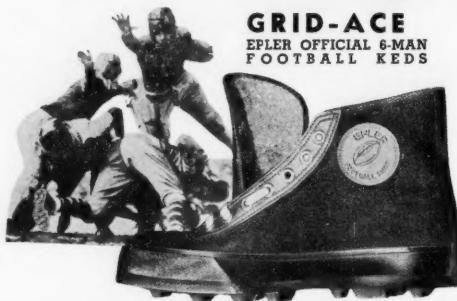
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The Southern COACH & ATHLETE

A Magazine for Players, Coaches, Officials and Fans

Volume II

DECEMBER, 1939

Number 2

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FOOTBALL SUMMARY OF THE 1939 SEASON.
ALL-STAR TEAMS.

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A SOUTHERN COACH & ATHLETE JOINS STAFF

We are happy to announce the addition of Fred Sington to the staff of THE SOUTHERN COACH AND ATHLETE. He will serve as Associate Editor and Advertising Manager. This connection is most fortunate for our publication and its readers. Mr. Sington is eminently qualified for this work, having gained his knowledge of sports as a player, coach and official. He attended Phillips High School, in Birmingham, Alabama, where he was a four-letter man in athletics, Vice-President of the student body, member of the National Honor Society, and was awarded the Jaffe trophy for the outstanding athlete. At the University of Alabama, he participated in football and baseball, and was twice awarded the Porter cup for the best athlete. He was selected on the All-American football team in 1929, and in 1930 he reached football's pinnacle by being again selected on the All-American team and playing in the Rose Bowl.

In addition to his athletic achievements, Sington was awarded the highest scholastic honor by being elected to the Phi Beta Kappa Society. He also received the Pan-Hellenic trophy, awarded annually to the outstanding student at the University. He

was also on the staff of the *Coralla and Crimson White* and was a member of the Jasons and Alpha Delta Sigma. In short, he attained every coveted honor in the realm of athletics and scholarship.



FRED SINGTON

After graduation, he served as assistant coach at Duke University for three years. Since that time, he has been engaged in professional baseball and at present belongs to Brooklyn. He is a member of the Southern Football Officials Association and is booked for some of the biggest college games. He is serving as an officer of the Atlanta chapter Alabama Alumni Association. Thus, a magazine whose slogan is "A Magazine for Coaches, Players, Officials and Fans" has added to its staff a man who has excelled as player, coach, official and fan.

His ability, training, and personality will enrich our magazine and give it a sports touch that is fresh, authoritative and genuine. It is fitting and fortunate that a sports magazine that is to serve the South is able to call to its aid a broad-shouldered and keen-witted son of Dixie who knows sports and who knows and loves the South.

Football Scouting

By REX ENRIGHT

Head Coach University of South Carolina



REX ENRIGHT

There are just two big things that the scout wants to find out. These two things are what the opponent's weakness is and what their strongest point is. If you find out what they do the best you will start from there and set your defense to stop the thing that they do the best, and you will also find out their weakness and try to take advantage of that.

Your opponents do some one thing better than the other; maybe it is the off-tackle play, maybe the reverse, and so on. The thing that they do best might be determined by any number of things—maybe a passing attack. Then the thing you have got to look out for is their passing. Maybe it is a big, powerful team that likes to buck straight ahead, or maybe it is a running team. So when a scout comes back, we want him to tell us definitely we have got to stop their off-tackle play, their buck, their pass, or whatever he thinks they do best. We start out by attempting to do that.

We check their weakness and then maybe we find or figure that they are a little weak on pass. If their pass defense is good you are going to make special preparation in spreading your secondary, rather than coming up on a running play.

Now there are several things that you are going to find out in your scout report, but all the while we are going over these various things do not forget that the real important thing is, what they do best and what they do poorest, and you will work from that. Of course, you will take the wind, condition of the field, and all those things which must be reported.

Not only must you have ability to tell whether there is a weakness in the team that you are scouting, or strength in the opponents; you must be a fair judge of speed. A man might block out in the open on the same principle and every one of the opponents will run him down. You don't want to say he is slow. Check into the man. That might be a sprinter and one of the fastest men in the conference. It was not a lack of speed on the offensive man, but the defensive man was a speed merchant. Most coaches are qualified, but you would not want to send the principal or superintendent of your school out unless he has had actual football experience. He would be confused.

Your offensive scout report divides itself into three phases: the running attack, passing and kicking. You will start with your running attack and you will find out what they rely on. Do they have a hard running back in there? What back carries the ball best? What type of down-field blocking do they do on their running plays? Are they a dangerous team that is liable to go all the way, or are they prone to keep picking that six and seven up? Does that hard running back of theirs start looking in the direction that he is going? Those are things you must find out in checking their running game.

Now, you will come to the passing end of the game. You want to know what type of passes they use. First of all, are they a short passing team or a long passing team? Do they follow the book pretty well, or are they the type of team that will pass on any down, or any part of the field? How does that passer throw? You will want to know those things. You will watch them warming up. You

will check the individual peculiarities of the members of the team. Some will tip when they are going to pass, or by some little trick they will give you a valuable point, warning that it is going to be a pass.

The coach will want to know if he should get his line men in there rushing and jamming to get at their passer. Check to see if they have any left-handed passers. Quite often that will disconcert your team very much. Do they protect for the passer well? Does the passer retreat straight back?

The next point is the kicking end of it. You will want to check their punters. Do they kick fast or slow? Is there any chance to block the punt? Are they the type of team that will do other things off punt formation, etc.? These are things that you should know. Does the kicker kick straight at the safety man? Do their ends cover well? What is the possibility of your returning the punt?

In the scout report we use at South Carolina, there are thirty-six questions that we ask. I will list a few, selected at random. Who are their punters? What do the tackles and guards do on kicks? Who does most of the passing? Which side of the line is weaker? Do they use a running pass more or a standing pass? What plays should be most successful? What is the general opinion of the opponent in regard to the South Carolina team? That last one is very important. Quite often your opponent will be at a peak, taking you seriously, and they figure that they really want to beat you. They are going to be harder to beat than a better team that is taking you lightly.

When you get them out on Monday, don't tell them that the passer is wetting his finger every time he is going to pass, etc. If you get him filled with all that sort of information you will find on defense he will be down ready to look up to see what is going to happen. There are certain things that you want them to know, but the great majority you do not want them to know about. You will pick out the important things; what they do best and what they do poorest.

Team Development in Basketball

By BILL RANEY

Basketball Coach, Ramsey High School, Birmingham, Alabama,
Runner-up in State Tournament, 1939

Basketball in Alabama is rapidly improving in technique with the resulting increase in attendance.

At Ramsay High we believe in pre-season practice which opens the third Monday in September. All boys interested report five days a week until the close of football season. If a boy has the desire to come out for athletics we do not cut him from the squad but encourage participation. Many seemingly hopeless cases have turned out to be varsity material, with one boy, Wheeler Flemming, becoming All-State and high scorer in 1939.

The first two weeks we stress fundamentals and conditioning, making the practices snappy and short. All boys' feet are painted daily the first two weeks of practice with benzoin and we have no blisters. A squad with sore feet lacks drive which hinders development. We have our drills all arranged so they: (1) fit into our offense, (2) as much like game conditions as possible, (3) are competitive. Penalties of duck walking the length of the gym, sitting out

if your man scores, and running backward around the outside of the gym help arouse that spirit so necessary in playing basketball if it is played right. This is a great developer of morale and cooperative spirit.

Here are a few of the things we look for in our pre-season training:

- a. Handling ball on passing and receiving.
- b. If he has basketball grace and form.
- c. If he cuts for a purpose or haphazardly like a beginner.
- d. Look for material, not flashy players.

At the beginning of each week we divide the squad into teams, giving them names such as sharpshooters, etc., which the boys will try to live up to. Each week a boy may move up or down, depending on his improvement.

Here is an example of our early season workouts.

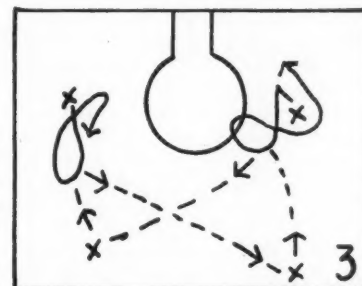
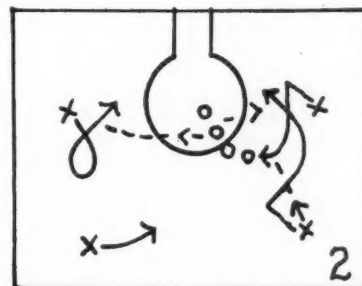
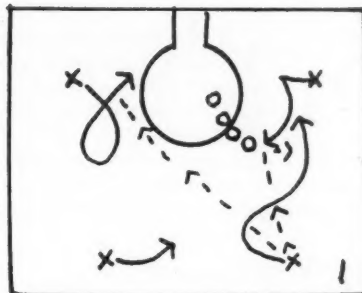
- 10 minutes shooting and fouls.
- 30 minutes drills with guard.
- 30 minutes offense.
- 20 minutes scrimmage
- 10 minutes shooting and fouls.

After three weeks we begin the development of our offense. We play the 2 out and 3 in offense all the time regardless of the type of defense as it works as well on a zone defense as on a man to man.

Our back court men are clever ball handlers, fast, and have good quarter-back sense. The two forwards are tall boys with ability to fake, reverse, and shoot one handed. The center is the moving post, tall and rugged, whose main job is backboard work, both offensively and defensively. He must develop an exact sense of timing.

We use a two-team system with both teams playing the same offense, but one playing a shifting man for man defense, the other team a zone defense. We shift these teams often in a game hoping to have somewhat the same effect as a two team system in football. Try it fellows. It will bring results.

All basketball is called off during the month of December, giving the football boys a chance to go



home at 3 o'clock and to prevent my basketball boys from getting too much.

No. 1 shows the offensive movements of the forwards and guards.

No. II includes I and the blocking post (the center). The possibilities here are numberless.

No. III shows ball possession offense from which many crisp shots will be gotten.

All boys but the first two teams are put into the YMCA league where they play a regular schedule with boys of their own age and height. This experience helps our team and the boys because all lettermen have played in the Y league. The Y boys

(Continued on Page 14)



BILL RANEY

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GEORGIA ATHLETIC COACHES ASSN.

GEORGIA FOOTBALL OFFICIALS ASSN.

ALABAMA HIGH SCHOOL COACHES ASSN.

FLORIDA ATHLETIC COACHES ASSN.

DWIGHT KEITH
Editor & Business Manager

FRED SINGTON
Asso. Editor & Advertising Mgr.

Spirit of Cooperation

THE SOUTHERN COACH AND ATHLETE has been designated the official publication of the Alabama High School Coaches Association and the Florida Athletic Coaches Association. Coaches and officials in these states are especially invited and urged to send news to your State Secretary or to the Editor of THE SOUTHERN COACH AND ATHLETE. We will welcome news items on sports or any school activity. If you have cuts or pictures of coaches, players, cheer leaders, or anything of which you are proud we will be glad to give you South-wide recognition by running them in our magazine.

The coaches and school officials have long felt the need and expressed a desire for a medium such as the COACH AND ATHLETE. It is now a reality. Though it is young, it will grow because it is founded on high aims and noble purposes. It has emerged from a real need and will render a vital service to Southern sports. This is made possible by certain advertisers, schools and colleges that believe in the ideals we have set and are co-operating to help us attain them. When possible we should reciprocate by patronizing and boosting those who help put over a worth while undertaking.

Wanted--Sportsmen's Opinions

THE SOUTHERN COACH AND ATHLETE wants news of the coaches, athletes and communities. We would like to know any events of interest in any coach's locality. Coaches who have changed schools and positions are urged to send us their new location. All the friends and fans who read this magazine are anxious to keep trace of all their associates. Send in articles about outstanding athletes and sporting events so that we may print matters of interest to every reader.

We have plans for new sections in this publication. Articles of specific instruction on training, taping and conditioning of athletes are to be a regular feature. Plans for bulletin service for all sports-minded people will be inaugurated. A section will be devoted to questions and answers if there is a demand from our readers. This section would cover rules, regulations, advice or any questions that are not of too personal a nature.

We are going to edit and print a worthy magazine. We invite you to help us with open and frank criticisms, suggestions and contributions.

Herman James Stegeman

From many sides came tributes to Herman James Stegeman, who died on Sunday, October 22. Leading newspapers of Georgia praised his character and his achievements in eloquent editorials; prominent figures in the world of amateur sports wired or wrote their admiration of him; at his funeral the floral offerings made a gorgeous and moving display.

But it seems to me, the best testimony to the worth of this great, strong, gallant man came from the lips of boys who had played for him as coach or who had come under his kindly guidance at the University of Georgia as Dean of Men.

There have come to me, as a friend of Steg's, many letters from these boys, some now men whose hair is thinning and who themselves have put into effect in the greater game of life the principles which they gathered from his precept and practice.

Steg ran the gamut of athletic duties at the University of Georgia. He has coached every sport there. In the early days of his association he coached them all. He led in the development of basketball and of track in this section and never lost his love for those sports as vital features of a well-rounded collegiate athletic program. During the years of Georgia's rise to the first flight in Southern Intercollegiate athletics, he was director of athletics and the main engineer of that ascent up the stiff gradient.

The real, and lasting measure of Steg as a man, however, is to be found in the hearts of thousands of boys who came in contact with him and who became better and more courageous men by reason of that association.

As I wrote in my paper, out of the fulness of my heart, "he was the dearest friend, the finest and bravest man I have ever known. Those who knew and loved him have one immense satisfaction. The influence of a good man and a stalwart soul never dies. Toss a stone into the water. The ripples recede in ever-widening circle, but they go on and on. It may escape the eye, but energy that is set in motion persists forever."

OLE TIMER.
(Edwin Camp).

The Kids are Clever

By ED DANFORTH

Sports Editor, Atlanta Georgian

No sophomore is fit to play college football except as a substitute is a dictum with many coaches, yet others play them regularly, sometimes through necessity, and like it. It seems that the Southeastern Conference has a number of exceptionally talented first year men who are doing well in a man's job.

Alabama is using Jimmy Nelson regularly at right half and Paul Spencer at fullback, a most unusual thing for Alabama to do. The lads have measured up well and have been outstanding ground gainers all season.

Late in the season, Auburn turned to a 200-pound fullback, Rufus Deal, who looks like one of the best of the year in his position.

Georgia Tech could not get along without Johnny Bosch, tiny triple threat halfback; George Webb, 200-pound end, and Jim Wright, center.

Georgia did not begin to click as a football team until Cliff Kimsey, a big triple threat, got busy. Tommy Witt, lightweight center, has been a power on defense.

It was Johnny Butler, a first year tailback, who went in for veteran George Cafego in the Alabama game and turned it into a Tennessee victory with a long touchdown run. Mike Baltisaris is a sophomore end who has more than made good for the pace-making Vols.

Kentucky has a whole backfield of babies—Zachella, Allen, Jones and Mullins—and they have done most of Kentucky's scoring.

Ole Miss' best backs are Junior Hovious and Merle Hapes, both in their maiden year in varsity competition.

L. S. U. was stumbling around until Leo Bird, a little chap, came in to pitch passes to Ken Kavanaugh. From then on L. S. U. was dangerous.

Tulane has a whole sophomore team, averaging close to 200 pounds, but the youngsters are on the shelf while two teams of older boys do the heavy work.

These are the outstanding sophomores of the year with, perhaps, a few others here and there who have not made the headlines. Southeastern coaches generally are ready to pitch their first year men into action if they can deliver. That the crop is larger than usual indicates that high school coaching in the South is on the upgrade.

QUIZ BOX

The Question and Answer department will be glad to answer your queries on the rules in this column. If you have any problem as to rules which you would like to clear up forward your question, clearly stated, to the SOUTHERN COACH AND ATHLETE, and the answers will appear in the next issue.

In a recent southern college football game, a forward pass was made by the offense. The ball was blocked by the defense and flew back into the passer's hands, who made another forward pass which was incomplete. If this pass had been completed what would have been the ruling?

ANSWER: If the pass had been caught by the offense, the ball would have been dead immediately upon the catch, returned to the line of scrimmage, and a loss of a down would have been charged, (which was the case in the incomplete pass instance). The rules state that only one forward pass may be made in each scrimmage, and the penalty for a second forward pass in a single scrimmage is the loss of a down. (Note: If the pass had been intercepted by the defense they could decline the penalty and keep the ball).

QUESTION: Team A kicks and player of Team B (safety man) touches the ball. Ball rolls toward side line and before going out of bounds is touched by player of Team A. Whose ball?

ANSWER: Team B's ball at the point on the side line where the ball went out of bounds. Team B would have had to gain actual possession of the ball and then fumble for Team A to obtain possession by last touching the ball before it went out of bounds. (This ruling is different than on a muff from scrimmage, in which case the ball would belong to the team last touching before it went out of bounds.)

QUESTION: After a touchdown, Team A immediately requests a time out, which is excessive over the three allowed in a half. When is the penalty for this enforced?

ANSWER: If the request occurred before the referee blew his whistle for the try for point to start, or after the try was over, the penalty would be enforced on the next kickoff. If the request occurred during the try for point (after the referee signalled to start the play) the penalty would be enforced on the try. The rules clearly state that any foul committed after a touchdown is made and before the try starts, or after the try and before the kickoff, should be penalized on the succeeding kickoff. Any foul occurring during the try for point (after the referee signals the play to start), or during the try, shall be enforced on the try for point play.

This question was brought up on the basis that an excessive time out is not a foul. Inasmuch as the rules state that "a foul is the violation of any rule," an excessive time out is surely classed a foul and the penalty is enforced as in any other case of a foul.

In making goal line decisions did you know that for only \$1.00 you could get nine issues of this magazine?



ED DANFORTH

Preliminary Training and Drills

By FORREST C. ALLEN

Basketball Coach, University of Kansas

The coach's preseason interest in the conditioning of his basketball players should manifest itself during vacation time, as early as late July or early August. Through personal correspondence the coach should urge his prospective players to evince deep concern about getting into shape. They should be directed to practice the following prescribed setting-up exercises for five minutes each day as strengtheners for the wrists, fingers, ankles and knees. These are the parts of the player's anatomy that are the most susceptible to injury.

So important does the writer deem these simple exercises that during the entire season he gives five minutes daily of the regular practice session, in addition to the five minutes prescribed for use at home, to their execution. Failure on the part of the men to execute these drills for five minutes daily in their rooms is regarded by the coach as a direct violation of the training schedule and is treated as such. If consistently followed, these exercises will so strengthen the ligamentous attachments of the fingers, wrists, ankles, and knees that few injuries will occur in scrimmage.

HEEL AND TOE. Rise slowly on heels and toes alternately ten or twelve times.

FULL SQUAT. Assume an upright position, with arms at sides. With the arms stretched out full to the front, come slowly down to a full squat. With arms slowly stretched above the head, rise to a standing posture. With knees kept straight and the fingertips touching the floor, execute a full body bend. Repeat these movements alternately and slowly three or four times.

PUSH-UP DIP. Get down on all fours with the body extended parallel to the floor and with fingers and toes supporting the body. Without letting the abdomen, chest, or thighs touch the floor, execute a full dip. Then push up and dip again. Without allowing the hips to sag, repeat this exercise twelve times.

FULL SQUAT DIP. Stand in upright position. With arms extended laterally to perfect the body balance,



FORREST C. (PHOG) ALLEN

extend the right leg to the front and sink slowly on the left foot to a full squat. Without touching the floor with the hands or with the extended leg, put entire weight on left leg and thigh, and depend upon the strength of the knee and the hip joints to bring the body again to an upright position. Finish with a rising skip. Repeat this exercise, three times on each leg, twice daily.

All these setting-up exercises should be slowly *stretched through*, quite after the manner of a contented cat before a fire. Plenty of stretching keeps the spine supple and the body youthful.

Nothing is better than open-handed boxing for the development of timing, footwork agility, body weave, and quick change of pace. Boxing teaches the follow-through more readily than any other sport. Its quick, emphatic changes from offense to defense are comparable to basketball movements. A clever basketball player is generally a fine boxer. Footwork, headwork, and handwork are the prime essentials of both sports. In shooting or in guarding too few players are loose enough in their hips. Too few bend their knees sufficiently; they stand straight up and lock their knees.

Economy of defense is best emphasized by the boxer's stance. The boxer gives ground grudgingly as he simulates the movements of the ape man. Also, he springs quickly forward to the offense, ready to take every physical advantage to be gained through alertness and agility.

Boxing develops every fundamental movement vital to basketball. There are two simple exercise setups which the author uses many, many times a season to correct glaring faults of fundamental basketball, on both individual offense and defense. Directions for their execution follow:

Line up the entire squad, toe to toe, one-half facing the other half—at the regulation boxing distances. For the purpose of economy and efficiency, mass movements, first the offense and then the defense, must be made. In the beginning, these movements take on the nature of shadow boxing but later they develop into the real thing.

Each man should be instructed to use the boxer's crouch and to swing for his opponent's cheek with the open palm—actually slapping his opponent's jaw if he does not weave back and out of the way without any defense other than a weave of his head and shoulders. Also each man should be instructed to be keenly alert for the quick thrust of his punishing opponent. The knees should be bent even more when on the defensive than when on the offensive. The exaggerated crouch is essential for a favorable escape from punishment. The body weave required on the offensive must be practiced equally well on the defensive.

After the first blows, the squads should alternate their positions, the defensive going on the offensive and vice versa. After approximately ten minutes of these initial fundamental movements, the pairs should be more widely separated and released for about three minutes or less of friendly combat without the alternative movements described heretofore. At this juncture the coach should keenly watch developments because two high-spirited boys attempting to slap each other's faces might go too far. In the open-handed face slapping which follows, each man is out for

(Continued on Page 17)

The Star-Spangled Southland

By FRED SINGTON

A horoscopic glimpse of the South in 1940 unfolds an array of gridiron greats that would make the heartbeats of any Alma Mater proudly accelerate. From one end of the Southern Conference to the extremity of the Southeastern, galloping backs and smashing linemen make the territory a coach's paradise.

Duke University, in the Carolinas, offers as stellar attractions a pair of backs, the McAfee brothers, Wes and George. They are fast, shifty, hard-running triple threat men. Experts not knowing their first names are content to proclaim "a McAfee" was the star. Tony Ruffa, a place-kicking lineman of real note, is an added attraction.

A stone's throw over the Chapel Hill rests North Carolina University. Its proud contribution is two fine running, pass-throwing extraordinary backs, George Stirnweiss and "Sweet" LaLanne.

Virginia Military Institute adds Paul Shu and Pritchett to the galaxy of stars. Right in line is Clemson College, where Jess Neely has developed Banks McFadden as an outstanding triple threat.

Kentucky offers an outstanding addition in Eibner, a giant tackle, and Noah Mullins, a sophomore back, who seem capable of leading Kentucky out of the wilderness.

Moving southward, we find Tennessee with an array of stars. Suftridge and Molinski, guards; Rike, center; Shires, tackle; Cafego, Foxx and Butler, backs, are good enough to play on any all-sectional team. Tennessee has a wealth of reserve material to reinforce these boys. Vanderbilt's Plunkett and Audrus lead their team in its play.

Sweeping into Georgia, we find Georgia Tech boasting its best of-fense in years. The boys who make it click are Gibson, Bosch and Ector, three diligent backs, and Webb, Ison, Bartlett, ends extraordinary. Cavette, an unusually fine punter, coupled with fine defensive play by Buck Murphy, has kicked away many a threatened invasion of Tech's goal line.

The University of Georgia offers Vassa Cate and Jim Fordham as outstanding men.

The plains of Auburn sends to its gridiron wars a fine guard, Howell; two fine offensive backs, Kenmore and Deal, and a splendid kicker, McGowen.

The Crimson Tide of Alabama has three good linemen—Davis, tackle; Cox, center; and a fine end—Rast. The Tide's threat in the ball carrying department is dependent on two sophomore stars, Nelson and Spencer.

The Delta State's contribution to the parade of stars includes Havius and Hapes, fine backs, and Autrey, center.

The rice fields of Louisiana are crowded with good linemen and backs. L. S. U., at Baton Rouge, has the most consistently valuable man of the year in Ken Kavavaugh, an end. He has scored nine touchdowns to date. He is aided and abetted by Young Bussey, a back of real ability, and Goree a fine guard.

Tulane's Green Wave is a swirling, devastating team this year, seemingly gaining a lesson from Ole Man River which storms past its campus. Tulane's line is probably the strongest as a unit in the South—only Tennessee could test it. Behind it charge two elusive backs, Kellogg and Banker. It is a fine football team, a top notcher.

The tip of the peninsula of Florida exhibits better football this year. University of Miami is a strong team. The aroma of the Orange Bowl blossoms must be a healthy one. University of Florida is a better ball club this year. It has an outstanding lineman in Batiste, a guard.

1939 will be marked down in football history as a bright year for the Southland, which is belatedly coming to its share of recognition in the nation's Gridiron Hall of Fame.

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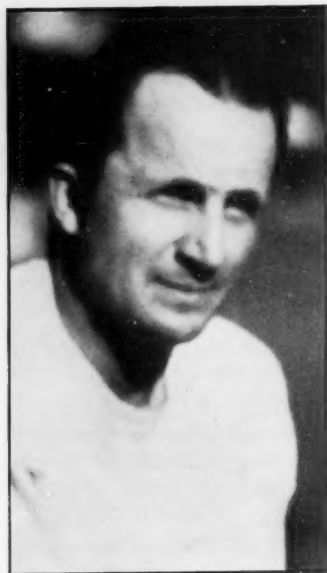
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Basic Notre Dame Plays

By COACH JACK MEAGHER

Head Coach Auburn



JACK MEAGHER

Now, to me, when I think of offense, I think, of course, of a good, strong play to the strong side and I think of a good, strong play to the weak side of that same formation; or I may think of the same formation where you can pass and where you can quick kick. In diagram No. 1 is shown the off-tackle play, which is the base play in this offense. That is a three out and up play. Then every play that is run to the strong side or started to the strong side is supposed to look as much as possible like that play. You try to work in variations of that base play, ultimately ending up at different spots. Diagram No. 2 shows a play starting over the same path as the off-tackle and cutting back between the guards.

Diagram No. 3 shows another starting about the same path and coming up with the end run. Another idea on the strong side is for the tail back to flank wide but with the fullback coming in with quick thrusts outside the strong guard, between the guards, or to the weak side of guard. Then on the strong side, along with the base play and its variations, I like to work out the idea of straight away blocking. By straight away blocking I mean one man on one

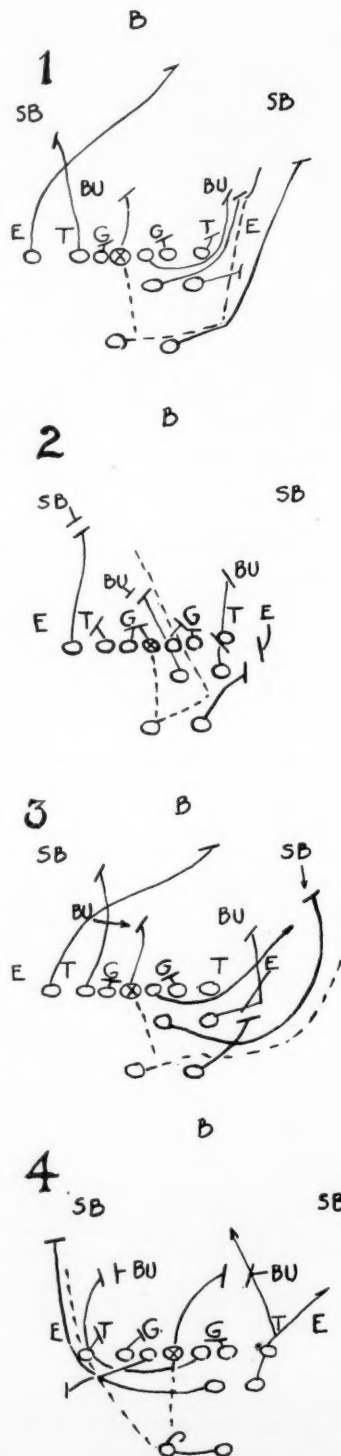
with a shoulder block, or two men on one if necessary. From the same play I like to work out the idea of trap blocking. I also like to have cross blocking, and I like to have these thrust plays ready because we all realize that if your plays are all delayed the linemen will be sliding around, and the thrust plays will make them dig in and charge across the line, fundamentally correct. When they are charging across that line fundamentally correct with the speed and drive they ought to you have a good chance to work in trap blocking and cross blocking. That is my idea of tying up the running plays with the blocking.

The base play to the weak side is shown in diagram No. 4. The ball is passed to the tailback, who gives it to the fullback outside the tackle. The variations from that would be the fullback outside the end, the fullback inside weak tackle, and the tailback retaining the ball and coming back inside weak side tackle, between the guards, outside strong guard and back inside and outside the strong end. And there again the variations in blocking: straight away blocking, trap blocking and cross blocking.

Now, on the off-tackle play we want to have a pass, or variations of passes that start like the off-tackle play, and we want to have a pass where the fullback will be driving into the line as on the thrust play. We will also want to have passes that will come off the reverse, and your straight away passes from the formation from which you have the ability to quick kick.

As to the set-up in the line, we would like to have the guards line up with their feet about even with the feet of the center and tackles with their feet about three to five inches from the guards. The end is about a yard out from the offensive tackle. The quarterback on the pre-shift is directly behind the center with his hands up under the center, because if he is taking the ball from the center, he does not want to make any preliminary moves. From this I have a nice variation of plays and I am getting more plays from it because I think it is a great help. The fullback is the guide in the backfield and lines up the distance from the

(Continued on Page 17)



Backfield Fundamentals

By CLYDE CRABTREE

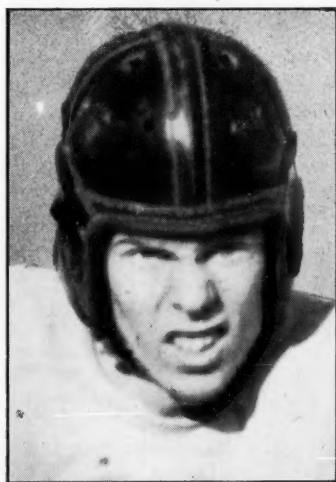
Backfield Coach Miami Senior High School

Due to the absence of football or touch football in the Junior High Schools of the Miami area, we have a fundamental problem facing us in developing high school backs. It seems that a great majority of boys who report to us as backs are small and rarely go over 165 pounds in high school, the average being about 150 pounds.

Consequently, we feel that these small backs should have as much speed as possible which is, of course, helpful to any football team. In our school, boys can play three years of football and usually the first year is spent trying to get them ready for their junior and senior years.

Our routine to start with is mainly trying to teach these youngsters how to use their legs and feet. Very few boys coming from junior high school can run properly. We work on these boys during football season and then get them to go out for track. I noticed after this first year that in most cases the youngsters increase their speed and better their form.

Of course, during that first year these boys are taught the stance that we prefer for our backs and are drilled in skeleton formation of the backfield to execute our plays, taught to run their paths properly and taught the fundamentals of backfield plays, mainly spins, paths, and blocks which ultimately means better timing.



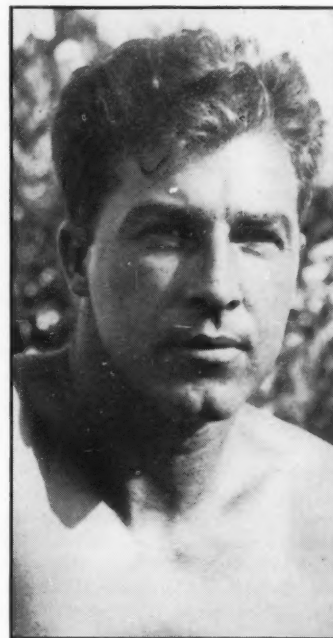
CAPT. ELDRIDGE—Miami High

We use three types of blocks with our backs to get our ball carrier beyond the line of scrimmage. We cross block a lot with our front back, bringing him across behind the line of scrimmage and cross blocking some charging ambitious tackle or guard. That block is usually a shoulder block trying to help the defensive man on his way, so to speak. However, if the blocker cannot use the shoulder block as proficiently as we like we then try him on a cross body block, this time trying to definitely remove that defensive man. Usually this front back must be able to use both types of blocks. In some cases we have two men for that spot, one proficient in the shoulder block and one in the cross body block. Against our opposition sometimes one type of block is better than the other.

The main difficulty in teaching any type of block in high school is to get the blocker to keep his eyes open. I find that a great majority of our blocks are actually missed completely because the blocker never sees the man he is to block and if he does see him, closes his eyes just before making contact. To eliminate that in our blocking drills I ask him what the last thing was he saw and where he saw it. The replies are humorous and tend to add interest to the drill.

There is one thing that we have trouble with in working with our blockers and that is getting them in blocking position. Even in their senior year we find blockers getting to their objectives in a very erect position and are never able to recover and get down in a blocking position, consequently making a beautiful chest or stomach block.

I have found that a good blocker usually makes a good tackler and vice-versa. I try to sell the boys on the idea that tackling is not difficult; the main thing is to get to the ball carrier and then bring him down. One drill we work on to prove our point is to give the ballcarrier a piece of candy and get some candy-hungry boy to go after him. Of course, this is far fetched but the tackler usually gets the boy with the candy so what is the difference if he is carrying a ball. We spend a great deal of time tackling and blocking



CLYDE CRABTREE

dummies and then move over to another sled then go from there to live blocking and tackling.

The essence of our work and drills are to teach blocking and tackling as a necessary evil and therefore the boys must like it. If we can get them to liking it we have a fair blocking and tackling team.

We try hard by these methods to get our ballcarrier out where he can see daylight and then go on his own from there, using what down-field blockers we have and relying on his own speed and judgment, correcting the mistakes that show up there as they come up.

As Shorty Doyal said last year we had so many ballcarriers in the open that we should have had twenty touchdowns; so according to that we are missing on the down-field and open-field work. That is just one game, however, and I am inclined to believe that if we can get them in the open we will get our share of touchdowns. The main thing is getting that ballcarrier to where he can go by himself.

Split Minutes

Georgia Athletic Coaches Association

By DWIGHT KEITH, *Secretary*

The directors of the Georgia Athletic Coaches Association, and their wives, were guests of the Georgia Tech Athletic Association at the Duke-Tech football game. This courtesy was greatly appreciated inasmuch as the game was a sell-out and several hundred were unable to buy admittance. The next day the directors were guests of Coach Alexander at dinner, at which time plans for the third annual coaching clinic were discussed. The next issue will carry some important announcements of their plans.

Football and basketball coaches are urged to send nominations of their senior players to their district directors. Nominate only players who are believed worthy, both as a player and as a gentleman. In the past a few players have been selected whose conduct at the clinic caused some criticism. It is planned to select the All-Star players at the G. E. A., therefore nominations should be sent in before that time. The directors are as follows: District No. 1—Amos Teasley, Vidalia; No. 2, W. W. Scheerer, Edison; No. 3, Jack Finklea, Americus; No. 4, Frank DuBose, LaGrange; No. 5, Joe Martin, Decatur; No. 6, H. W. Sturgis, Eatonton; No. 7, Homer Sutton, Dalton; No. 8, Bobby Hooks, Valdosta; No. 9, N. R. Haworth, Canton; No. 10, Bob Lee, Elberton; At Large (South) Selby Buck, Macon; At Large (North), R. L. Doyal, Atlanta.

Frank DuBose, of LaGrange, is taking no chances on his quarterback for 1957. He is the proud papa of an eight-pound boy, named Frank, Jr.

George Griffin, popular track coach at Georgia Tech, was once in great demand as an official. He was best as a baseball umpire, but gave up the racket when he found he could no longer see the corners.

Coach Tucker has come up with a fine football team at North Fulton High School. Dick Gray is one of the best backs in the state.

W. T. Edwards, former coach at Tifton High School, has been promoted to the Principalship. All coaches are not dumb.

Alabama High School Coaches Association

By LES WALLER, *Secretary*

Interest in prep football in Alabama is growing. Fifteen thousand attended the Ramsey-West End game.

Bill White has one of the standout teams of the state this year. His teams are always well coached, and when he gets a reasonable break on material he has a great team.

West End, coached by Will Chrietberg and sparked by quarterback Cecil Shepard, has moved into the foreground of the football picture in Birmingham.

Coach Oliver has a great team at Sidney Lanier. He seems to be taking the best teams in stride, and is undefeated to date. Harvey Smith, 185-pound quarterback, is captain of the team and George Williamson, 205-pound tackle, is alternate captain.

Dothan High suffered their first defeat in three years when they were overpowered by Lanier. It was the largest score an opponent had made on them in seven years.

Coach Hamp Lyon's Alexander City team is making an impressive record in their section. They have gone undefeated to date.

Ensley High School, coached by J. W. DeYampert, was city and county champions last year. The Ensley team is not up to the usual standard this year.

Clanton High School, coached by Dewey Cox, won the state basketball tournament. Bill Raney's Ramsey team was runner-up. The same Bill Raney took the state championship in track.

Florida Athletic Coaches Association

By L. L. McLUCAS, *Secretary*

Future issues will carry sport news and announcements of interest to Florida readers. Coaches, officials and fans of this state are urged to send news to L. L. McLucas, Sanford, Florida, or to the Editor of THE SOUTHERN COACH AND ATHLETE.

TEAM DEVELOPMENT

(Continued from Page 7)

elect a varsity player to coach them in their games which develops leadership and the experience is invaluable to them.

We begin in earnest in January with a good line-up of the material already known. We play three games a week in February, but point all our efforts to the District Tournament which is the last Wednesday, Thursday, and Friday in February. Two weeks later is the State Tournament.

That is one criticism of the Tournament play. One can have a grand season and then get knocked off in the District Tournament, making the season almost a failure. We hate to lose and we like championships so we work at Ramsay with that in mind. If we succeed the character comes with success.

Our offense is not mechanical, and we have no set plays nor do we call numbers of the plays. The offense develops as the boys develop through the "buddy" system and by February every one knows what the other can do well and where he will be at all times. Anyone can write a book of nice looking basketball plays, but all great offenses have been developed by players and coaches. Dutch Dehnert and his famous pivot play was developed by the Celtics and not by a coach. So was the forward pass in football. Give the boy a chance to develop his own and you will be surprised at the outcome.

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Offensive End Play

By HAROLD DREW

End Coach University of Alabama

- I. Block.
- II. Cover Kicks.
- III. Catch Passes.
- IV. Carry Ball.

1. SHOULDER BLOCK.

Shoulder block must be developed as all other blocks, and the means of getting in position for this block, since it is the one the end is most often called upon to execute.

To develop shoulder block you must have proper stance at time of starting the block. Do not sit back on the heels or have the tail too high. Head up, shoulders square, forearm resting in a position to be used, very little weight on the hand. The shoulders move first, fast and hard, almost simultaneously a short step is taken with foot on side which you hit with shoulder. Work for speed, and hard hitting, dropping the knees slightly to come from underneath. If possible, throw forearm in with shoulder to increase blocking surface. Use head feint or head roll to draw defensive man off balance, and to draw his hands away from head and shoulders. The second step is taken with outside foot and tail thrown between man and ball; keep head and neck close to man and keep contact. Follow up with short, digging steps. Do not go to ground. Always keep feet apart and drive off toes. At the end of each shoulder block, finish up with body block.

2. JUMP BLOCK.

Tackle on the outside jump to outside of tackle, with both feet at the same time, first sliding along the ground. Land at an angle coming off both feet from underneath at the same time. Then movements are the same as shoulder block.

3. CROSS BLOCKING.

Stay down in position and take step slightly back and in direction you wish to go, head up—take short shuffle steps necessary to hit defensive man. If he is charging through, put head in front; if holding ground put head behind. Do not give away by looking or leaning and drive hard and fast.

4. REVERSE BLOCK.

Ordinarily used on weak side where you have to keep tackle from going through on the inside of you,

Coach Harold D. Drew, former head coach at Birmingham-Southern College, is end coach at the University of Alabama, where he has developed some of the nation's outstanding ends, including Don Hutson, "Bear" Bryant, Earl Smith, "Tut" Warren, and many others. This article is an outline of Coach Drew's ideas of essentials of Offensive End Play. His outline on Defensive End Play will appear in the next issue.



HAROLD DREW

and to prevent him from drifting after he sees the play. If tackle is charging, put head in front and drive with shoulder block until you feel man backing or drifting, then swing into body block with feet down field, keep contact, be aggressive, and tie up defensive man.

5. Blocking secondary use shoulder block if man is standing still or under control. If man is moving, use hip block. Get close to man and keep after him. We must get secondary to go for long ones.

6. Build up blocks by use of the shift. Watch how the tackle plays. Be aggressive. Get nifty and be smart. Never give play away.

II. CONVERTING KICKS.

Speed, use of hands and faking are big assets; don't get knocked down. Stay on the outside. Use your hands. Be under control and learn to tackle sure and hard. If you are on weak side and end moves in close to help block kick, move inside him and knock him off stride before covering kick.

III. CATCHING PASSES.

1. Run relaxed. Don't look down field and give play away. Learn to run at 4/5 speed, making it look like you are going full speed. Use fakes with feet, head and eyes to throw defensive man off balance. Cut at sharp angles. Step on the gas when you cut. Catch ball in the hands, fingers spread and arms relaxed. Put the ball under your arm properly. Run in a paying direction and work on dodges the same as a back to get away. Do this every time you catch the ball. Learn to run with feet straight to the front, and turn only at the neck.

2. When decoying, run close to man you are trying to get out of position. Go through the same motions as you would use in going for a pass. Work hard on this and notice at all times how defensive man reacts and whether you are covered. Decoying makes our passing attack go.

IV. Carrying Ball: On end around plays step back slightly and in direction you are going. Stay low, keep eyes on ball until you have received it, always with outside elbow down, tuck ball away and run hard. You are a better end if you can carry the ball.

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"We Get What's Left"

By COACH JOHN W. PATRICK
Oglethorpe University



JOHN W. PATRICK

The smaller institutions of higher learning have their problems in athletics, especially in the great game of football. A lack of financial backing is the main obstacle. As a result, the coach of a small college team must content himself with the boys who have been overlooked, or those with very little ability, and no experience.

I have a varsity squad of 27 men, with the majority of the boys coming from small high schools. There are actually eight boys on the squad who had not practiced, or played football until they came to Oglethorpe University. An excellent representative of this group is Elmer George, one of my best halfbacks, from Stone Mountain, Georgia. George never had a football uniform on until he entered college, he even entered college as a co-op boy, and was drafted for football. Beside the eight that had not played football before entering college, my squad is made up, for the most part, of boys that had played scrubs in high school.

After seven years' experience as a coach in a small college, I have decided to canvass the small town high schools, and find boys that are overlooked, because of lack of publicity, and boys that seem to be too small for larger teams.

Coach Patrick has been football coach at Oglethorpe University for seven years where, despite difficulties, his teams have made a good record, playing many teams out of their class. This article deals with the typical problem confronting the small college.

The mad rush for real football material excludes a great number of boys who love to play, but who do not seem to have the necessary experience for immediate action. Most of the larger college scouts will not try to induce a boy unless he is a potential All-American, for the large colleges do not seem to have enough time to take an unfinished product and polish off the rough edges. I presume that smaller colleges would fall in the same category if they were able, but they must be content with whatever material comes their way.

Even after the small colleges receive the left-overs they have a fight on their hands to retain them, for a small college can not offer its players the same favors a large college player receives. As a result, it is necessary that a football player in a small college treat football as a romance; by that, I mean that he must be in love with the game, for he is exposed to greater dangers to himself due to the lack of various equipments. Still another obstacle in a small college is baseball, football's rival, for football, unlike baseball, does not offer an athlete a future in the given sport. A baseball player plays because he loves the game, but at the same time, he can hope for a break in the big league money, that attracts everybody today.

Despite the obstacles, handicaps and difficulties that face a small college coach like myself, we have managed to maintain a win column of fifty per cent during the last seven years. I also find that at the end of the season, after the won and lost column has been forgotten, there are living accomplishments that make me forget the season's woes. Over the campus and in the classrooms are the men who worked with me in the fall. It is their development that makes me feel that I have accomplished something. Each one of my boys stands out; they carry poise, confidence and manliness that only a campaign on the grid-iron could develop. I feel that I have helped develop characters, courage and an understanding of the term "give and take." These are the qualities which will aid the boys in their battles after college days.

I have also learned that the small college football teams should play in their own class. Sometimes a larger school has been scheduled in order to balance the budget, but some coaches from the large colleges take great delight in crushing a small college team, thus the physical and moral effect is overwhelmingly bad for the little fellow. Last year we played a great number of schools out of our class, but this shall never happen again, for experience is a great teacher.

The coach's main objective is to win games, but when and if one's material is limited, then they fall in line with character building. I love to win and I hope to win, but thus far character building has predominated on our campus. So while I still get only what's left, I will continue working with these boys, trying to win as often as possible, knowing that I had a part in the making of these men.

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PRE-TRAINING

(Continued from Page 10)

himself, and the "devil take the hindmost." After this blood-tingling exercise the players are on fire and the coach should immediately swing them back into mass-drill team fundamentals.

About two weeks after fall opening of school a coach should call a meeting of all men who expect to come out for the basketball squad. Arrangements should be made at this meeting for the medical examinations of every man expecting to try out for the team. A competent physician should give each of these prospective players appointments for thorough heart, kidney, and lung examinations before they ever suit up for the strenuous physical hardships of the practice floor. Such relentless precautions may save many mistakes and later regrets.

Also, at the first meeting with the candidates, a general plan for the year's work should be laid out for them. Then, beginning about the middle of October and lasting until after football season—that is, after the Thanksgiving vacation—three one-hour practices a week should be held. When the Thanksgiving recess is ended, the practice season should begin in earnest. Six two-hour practice sessions a week should become the rule. If coaches do not drive and drive hard during the short season left, but little can be accomplished. It takes patient and laborious work to instill fundamentals.

However, the coach's best judgment is forever being challenged in regard to the intensity of practice periods. If a team begins to show evidences of mental slumping, owing either to the tedious grind of learning fundamentals or to the overexertion of team play, a versatile and divining coach will switch off for a while on games which will require less physical effort and will supply valuable mental relaxation, such games as Crow and Crane, occasional basketball relays, and other competitive drills of this type.

Afternoon practices are better for the players than are evening practices. Practices held in the afternoon immediately after school hours

give the players opportunity to eat their regular meals after their exercise and to study in the evening. They can also relax before going to bed, while after evening practices players often find it impossible to relax. Every athlete, as well as every normal person, should get eight hours of sleep. However, some coaches advocate evening practices so that the players may accustom themselves to shooting under artificial light. Such practices may be made the exception but not the rule. Advantages gained are more than offset by the disadvantages previously named. The effects of the attendant irregular habits of eating and sleeping will soon show in the players' efficiency.

BASIC PLAYS

(Continued from Page 12)

ball. I like to put the fullback four and one-half yards straight back from the ball. The two halfbacks line up even with the fullback.

As they shift into the box, the ends do a little maneuvering but we try to keep them in about the same spot. The quarterback moves over and is practically straddling the outside of the guard and the inside of the tackle. I like to put the wing back in a spot directly back of a spot beside the offensive tackle. I think I am the only man coaching the Notre Dame offense who keeps the back there. I think there is quite an advantage in keeping him in that spot. The fullback and the tailback may vary a half yard, depending on the type of play, but I try to keep them even.

In my own line I like to have a good blocking end. He is going to widen this tackle enough to threaten the defense, the same as if the wingback were outside the end. A good blocking end on this set-up will keep the tackle conscious of his being there and cause the tackle to play wide enough for the normal defense, and in that way the wingback can double up with his tackle or double up with his guard or lead plays to the inside. It is my idea that a lot of coaches who are using the Notre Dame offense have gone crazy on plays outside the tackle. I try to build up strength inside the tackle, also having that outside strength.

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Football--A New Webster

By FRED SINGTON

Football terms used every day by players, coaches, and officials are sometimes vague to the average fan. In an endeavor to make these clear, the following article was written.

SPINNERS—Plays involving the fullback handling the ball and spinning or faking the ball to another back or keeping it and running with it.

DECOYS—The use of men to fool pass defenders out of position to enable a key man to receive a pass.

TAIL BACK—The back so designated who is the last one back in a tangent formation.

WING BACK—The back who plays behind, outside or inside of his own end and helps in the flanking of the tackles.

BLOCKING BACK—One designated to block 95 per cent of the time on ends and tackles. Backs are no longer designated as half, quarter or full backs.

BLOCKERS—Men so designated to remove tacklers from the path of the ball carriers.

SAFETY MAN—The back who remains deep behind his team on defense to catch punts and to knock down passes.

SLEEPERS—A back sent 10 to 15 yards toward the sidelines away from the rest of the formation. He can serve as a decoy for passes, or as a receiver or can be a blocker on tackles and ends.

MOUSETRAP PLAYS—The opposition's guards are allowed to charge through into the backfield and are blocked out to the sides by cross blockers. The play then runs back through the center of the line.

CROSS BLOCKING—Two players cross in front of each other to block unsuspecting foes. In this manner they block from the sides instead of directly at a player. The advantage is the ability to block on the blind sides in a surprise attack.

BODY CHECKING—Moving between the runner and the defense in such a manner as to protect him. This is done instead of smash blocking on plays where deception protects the runners.

SCOUTS—Assistant coaches sent each week to note and bring back full observation reports on teams to be met. Movies are outlawed in the Southern Conference.

PUNT FORMATION—The backs line up two on the side the kicker's foot is and one on the off side for protec-

tion. Punting is done from this formation, also running and passing.

HIGH AND LOW BLOCKING—One man strikes across the opponent's knees while his partner blocks high to bowl him over.

OFFENSE—Plays whereby a team tries to score touchdowns.

WARNER SYSTEM—An offensive formation also known as the Zee formation because the team line-up looks like a Zee. Offense has a tricky varied attack and uses spinners, laterals and double passes to gain the effect. Also uses one or two wing-backs, which causes formation to be known as a single wing and double wing.

ROCKNE SYSTEM—The backs line up as a Tee, then on signal shift to a single wing back or run without shifting.

TIMING—An important asset here as split second is needed in shifting and handling the ball.

TEE FORMATION—Blocking back lines up with the other three backs in a horizontal line behind him. Resembles a Tee so is known as such.

AERIAL ATTACK—Legitimate passing forward to an eligible receiver, back or end, from five yards behind the scrimmage line.

SCRIMMAGE LINE—A zone where a team lines up to face an opponent. Roughly speaking, about a three-foot area.

NEUTRAL ZONE—The space between scrimmage lines to be kept inviolate until center snaps the ball to the backs.

PUNTING GAME—The kicking of the ball on any down to send the ball further away from a team's own goal line.

DEFENSE—A formation set up to defend a goal line from another team's offense.

SIX-MAN-LINE—Two tackles, two guards, two ends play line with center in the backfield to help out. Called six, two, two, one.

SEVEN-MAN-LINE—All seven linemen on scrimmage line with the backs

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behind them. If the fullback is directly behind, two half backs behind him, then the safety man; this is a diamond defense. If two backs are behind the line, two behind them, it is a box defense.

FIVE-MAN-LINE—Five linemen on the line of scrimmage then three backers-up, then two with the safety man behind them. This is a new development in football to offset open passing attack.

SCORES—Six points for a touchdown, or crossing a goal line by the opponent. Goal from field by a place kick or drop kick is three points. Point after touchdown by kick or play is one point. A safety is two points when an offensive team makes a play and fails to reach its own goal line.


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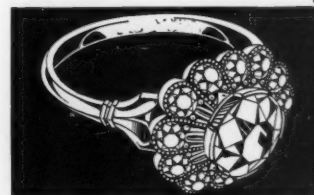
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